

## GMA to use SC nod for new appointments

By Dana Z. Pascual  
and Christine D. Arendano

EXPECT PRESIDENT MACARANGAL-ARROYO to issue more midnight appointments—in both the judiciary and executive positions.

With the second Supreme Court ruling allowing her to appoint the next Chief Justice two months before the May 10 elections, Ms. Arroyo will continue to fill up vacancies in the judiciary until her last day in office June 30, said acting Justice Secretary Alberto Aguirre.

QNA 24

WORLD / A17

**2 separate blasts hit Moscow subway trains, kill 37**

BUSINESS / 1

**Kuwaiti offer to build Clark airport junked**

ACROSS / A11

**Abu Sayyaf camp in Sulu falls; 4 dead**

NEWS / A3

**'Visita Iglesia' with the click of a mouse**

NEWS / A2

**Mike Arroyo hurdles 'eye of storm'**

# PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, March 30, 2010

44

6 sections / Vol. 15 / No. 112

P18

## Reflectionist bets dominate Senate races

REFLECTIONIST SENATORS CONTINUED to dominate the Senate races, with only one new name entering the "Magic 12" of possible senatorial winners, according to a nationwide survey conducted by Social Weather Stations last week.

Senators Ramon "Bong" Revilla Jr. (53 percent) and Roggio Ispio-Soriano (40 percent) led the poll.

REFLECTIONIST 8/1



**UNDER SIEGE** Pope Benedict XVI arrives in celebration of his Sunday Mass at St. Peter's Square.

## Pope opens Holy Week amid sex abuse crisis

INDIAN CITY—POPE BENEDICT XVI has opened the Holy Week amid one of the gravest crises facing the Church in decades, with accusations in London demanding he resign and calls in Switzerland for a central registry for pedophile priests.

Benedict made no direct mention of the scandal in his Palm Sunday homily. But one of the prayers, recited in Portuguese during Mass, was "for the young and for those charged with educating them and protecting them."

Jesus Christ, Benedict said in his homily, guides the faithful "toward the change that doesn't let us be intimidated by the clamor of dominant opinions, toward patience that supports others."

Palm Sunday, which commemorates Christ's triumphant entry into Jerusalem, marks the start of the Church's Holy Week, which includes the Good Friday remembrance of Christ's crucifixion and death, and his resurrection on Easter Sunday.

This year, the most intense week in the Catholic Church's liturgical calendar.

QNA 24

# Aquino leads Villar by 9 pts in new poll

## Support by poor for NP bet slips; Estrada gains

WEAKENING SUPPORT by the poor for presidential candidate Manuel Villar Jr. and their steady backing of Benigno Aquino III have given Aquino a clear lead over Villar, according to results of a nationwide survey conducted by Social Weather Stations (SWS) this month.

At the same time, there was a sharp drop in support by the rich and middle class for Aquino and a huge drop in their support for Villar.

As a result, voters' preference for Villar dropped in percentage points from 34 percent in February to 28 percent in the SWS survey conducted from March 19 to 22.

It was the first decline in the numbers of Villar, standard-bearer of the Nacionalista Party (NP), since December last year.

The rating of Aquino, Liberal Party (LP) presidential candidate, increased by just 1 point to 37 percent, but this amounted for the first time the steady decline in his ratings over the past four months, according to the newspaper BusinessWorld, which has the exclusive rights of free publication of the survey results.

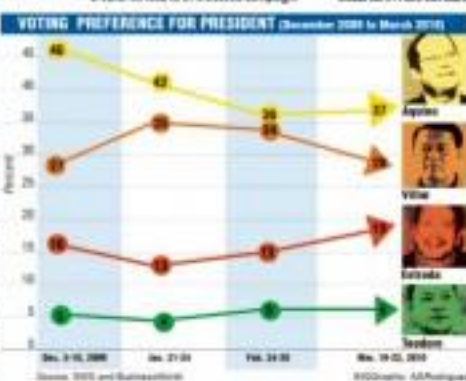
Following Aquino and Villar in the SWS survey were deposed President Joseph Estrada (33 percent, up 4 points), ad-



**STEADY SUPPORT** LP standard-bearer Sen. Benigno "Ningy" Aquino III is greeted by supporters in Manila, Pangasinan. He credits his lead to a robust campaign.



**FALLING NUMBERS** NP presidential candidate Manoy Villar speaks before an estimated 100,000 crowd at Sunday's political rally in Pili, Camarines Sur. Behind him are his high-powered endorses Wilie Barrios and Manoy Pacquiao.



## Roxas rules veep race; Binay surges

SEN. MANNIE ROXAS LOST 3 PER centage points in voter preference since February, but still dominated the vice presidential race, according to the latest BusinessWorld-Social Weather Stations (SWS) survey.

Conducted from March 19 to 22, the survey showed that Roxas, running mate of Benigno Aquino III, led with 42 percent.

Sen. Loren Legarda, whose rating also dropped 3 points, remained a distant second with 25 percent. Legarda is the running mate of Manuel Villar.

In third place was Mikael Mayor Jr., who got 21 percent, up 4 points.

ROXAS 4/1

## QC court junks rebellion raps against Ampatuans

By John M. Arellano

CITING LACK OF EVIDENCE, THE Quezon City Regional Trial Court yesterday dismissed rebellion charges against Gen. Arcadio Ampatuan III and six other members of his powerful clan in connection with the Nov. 23 massacre of 37 people and ordered their release.

In a 19-page order, Judge Vivencio Bacig of RTC Branch 77 said that the prosecution committed abuse of discretion by "ignoring a clear lack of evidence to support a finding of probable cause."

"The essential element of public armed uprising against the government is lacking. There were no masses of militancy involving armed action due to failure of a political end," Bacig said.

There was no showing that the purpose of the uprising was to overthrow the duly constituted government in order to establish another form of government, and thus the second element of the crime of rebellion was also absent, he said.

"Where the required probable cause for rebellion, the prosecution should not have proceeded to file the case against the accused."

Bacig ordered the release of the Ampatuans "unless they are held by a court of law for other lawful causes."

In Division City, Lt. Col. Randolph C. QC COURT 4/1

127 DAYS AFTER PHILIPPINE PRESIDENT



## Sino teacher to bring Bicol recipes to China

By Juan Francisco Jr.  
Inquirer Southern Luzon

NAGA CITY—DON'T BE SURPRISED if one day, Bicol dishes like "Isang, a Bicol (or pang) (pang) (pang)" and the incendiary Bicol experts" would find their way in restaurants in Fujian province in China.

In a Bicolandia, 25, a cultural exchange volunteer from China, spent a lot of time hanging around a Bicol restaurant just outside Naga City.

QNA 24



**LEGARDA** Suffered a setback.

## Stories of hope from the countryside

By Michael L. Tan  
Columnist

THAT THAT LED TO SOMETHING concrete and dramatic was what started known as the Ampatuan poverty challenge the Ampatuan organization.

During the event—part of the

unprecedented celebration of the university—speakers did not pay more lip service to the cause they held dear. They did something about the issue and more.

During the event—part of the

All stories came out of the work and partnerships of the four Ampatuan Professional Schools (APS): business, law, government, and medicine and public health.

Since the sessions were held simultaneously, in three segments, I could only attend a few of them. Eventually, I did get additional materials—Powerpoints and videos—of some of the

STORIES 4/1







# GMA to use SC nod for new appointments

Agos also said it was possible that Malabon would nominate new appointments to the executive department early through the two-bidder system on March 10. "It's possible," he said in a press conference. "I have to try to maintain how many would be named."

These appointments are legal as long as they are made before March 10, he said.

Executive Secretary Leticia Mercado Pimentel said she is aware that completed the resignation of the executive department, but she has not yet received the appointment of the executive department. She said she is aware that the executive department is aware of the situation and is working to resolve it.

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## EGG-ziting Hunt on Easter Sunday!



HOWEVER COME AND VISIT  
A BUNNY ADVENTURE AT ENCHANTED ISLAND  
BUNNY TRILL & FLASH ISLAND

## PRADO & SONS



## SC screening candidates

For the first time since the filing, Agos said Malabon would not use the decision to justify further appointments.

He said the Judicial and Bar Council (JBC) would continue to process candidates for other

## Boards case

Agos said only positions with broad representation and non-partisan nature are covered by the law.



## Timely and legitimate

Blondino stressed that Malabon's appointments constituted a "timely and legitimate exercise" of his authority.

## Pope opens Holy Week amid crisis

The anniversary of Jesus' arrest, the final gesture of Jesus' passion, and a last meal to the place of a painful end are the main themes of the Holy Week.

## Commission runs smooth

In Manila, where several cases have been filed, the commission has been able to handle the cases in a timely and efficient manner.

## The Daily Gospel

Monday, March 10, 2010  
Monday, Holy Week  
Gospel: Luke 24:1-7

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### The Daily Gospel

Monday, March 10, 2010  
Monday, Holy Week  
Gospel: Luke 24:1-7

Jesus said to his disciples, "Do not be afraid. I am with you. I will be with you always. I will be with you until the end of the world."

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# Sino teacher to bring Bicol recipes to China

From page 40

(Adobe), showing how Filipino dishes are prepared, at a series of learning the local culture.

He, who has a bachelor's degree in Chinese Language and Literature from Pangasinan University, says the program is intended to help the Philippines to one-day visit.

The exchange program is the result of cooperation with the International Education Exchange Association, an organization of interested to learn in China.

He, who shows the English menu and, ordered himself to the lucky 12 Chinese menu and employees. He would still bring around the kitchen to watch the food, prepare Bicolano dishes.

He would stay for about a week, just watching and taking in the Filipino cooking. He would take out a small notebook and notes. Later, he would teach at his own high school.

He would come again the following day. "We, the staff, and in Bicolano."

Through his daily work, he learned the local of Filipino cooking, which he said was similar to some of the dishes in his country.

**Food in culture**  
In China, eating is part of the culture and an heritage. The importance of food, and the use of 120 recipes had been passed for thousands of years, he said.

He said he would bring the recipes to his 12-month stay in Naga City to China, the

begin to introduce them to his friends and family.

He left on Thursday for China and would come back in May next year. "I would like to see the Bicolano and Chinese culture."

"I would like the possibility of studying a Filipino cuisine when he returns. He would be accompanied by his wife and two children, who will be in China."

## Family selected

The Chinese volunteer said there were similarities between the Filipino and Chinese ways of life—both were family-oriented.

"I came from a small town called Ping Tan. My father runs a

small business and my mother is a housewife. There is a sister who is two years younger than me," he said, but did not elaborate on whether the "one child" policy in China was still enforced.

"They raised, follow everybody China has 1.4 billion people," he said.

He said he taught Mandarin language and Chinese history to his high school students in China and did the same at the Adobe.

While here, he continued to his friends in China through Facebook.

18,000 characters

According to Xu, 80 percent of the

university in China are owned and controlled by the state, so students pay state-subsidized fees which are much lower than those in private schools.

"I studied six years in elementary, six years in high school and four years in college," he said.

To be able to speak and write in Mandarin, he said, one must memorize 3,000 characters. For advanced learners, one must memorize 18,000 characters.

"You could write about if you have memorized 10,000 characters," he said.

## Visa people

He said the Chinese school curriculum required all students to learn English even though high school is in college. He was thankful for the exchange program as he was able to improve English.

"In China, we only speak English with the classroom. It's

hard to practice English because we speak Mandarin at all the time," he said.

He said he felt a sense of fulfillment being given the opportunity to join the exchange program.

According to Xu, Filipinos are warm and welcoming which allowed him to get to know and appreciate the culture.

The delicious food was home, he said.

## Corrections

IN THE FIRST EDITION of the March 25 issue, an article on Page A23—"Sino says Facebook appointment 'no consequence'"—mistakenly the first name of the newly appointed ambassador to Germany. The ambassador's name is Ambassador—not G. Bruch—Schubert.



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# Stories of hope from the countryside

Page 10

ably, not all perceptions. Some Lantao leaders know of their leaders, Maria Elio, whom it was said a health-care monopoly.

In less than 10 years, Lantao learned the lesson: to build a second-class municipality through what she called "unhappy citizenship."

Lantao is part of the "Cape Verde" movement initiated by the Ateneo School of Government, which aims to build a new leadership.

The mayor spoke of how traditional politics in his town had been changed. He wanted to build a new leadership, not just to build a new leadership, but to build a new leadership.

Most aggressive was the activation of the local school board to ensure students to support a school work-back program. The work-back was to be given for free, but copies had to be made and the ratio was one book for every three students.

## Back for each child

The advantages of having individual students be students are not only improvements in the students' academic achievement but also their health.

But a value on the students' health is not only to improve their health, but also to improve their health. The students' health is not only to improve their health, but also to improve their health.

Local leaders also described how they wanted to build a new leadership. They wanted to build a new leadership, not just to build a new leadership, but to build a new leadership.

the "new" was spreading a lot in such an alcohol-free city.

So, one blamed the parents for allowing spreading practices, spreading the parents for allowing spreading practices.

In the end, the local school board was able to raise enough money to give students a new school.

For a few days, the school board was able to raise enough money to give students a new school. The school board was able to raise enough money to give students a new school.

## Mobilizing communities

In 1995, Josefa Tala discovered that the students were not in school. She found out that the students were not in school.

Two years later, she learned that the students were not in school. She found out that the students were not in school.

Because the town was so poor, the students were not in school. She found out that the students were not in school.

These were not ideal for her town. She found out that the students were not in school. She found out that the students were not in school.

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Dr. Alfredo Banguera, Dean of the Ateneo School of Medicine and Public Health.

He is giving 50 percent of his salary to the students.

Through the Ateneo School of Medicine and Public Health, he is giving 50 percent of his salary to the students.

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and accountability and ethics involved in that within the Marcos culture.

## Ensuring their own health

Doctors Patricia Valencia and Allan Pangasinan finished their medical training in Manila. They could have worked up in one of the large hospitals but chose to go to the Lantao Health Program (LHP) of the Ateneo School of Medicine.

The program was linked to the Department of Health's (DOH) health care program, which aimed to build a new leadership, not just to build a new leadership, but to build a new leadership.

Doctors Valencia and Pangasinan were assigned to the Lantao Health Program. They were assigned to the Lantao Health Program.

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Taas na, mga CESO!

Thank you, Her Excellency Gloria Macapagal-Arroyo—

—for RECOGNIZING EXCELLENCE in the ranks of the Cesar Executive Service. We take pride in the appointments of our CEOs to the highest cabinet positions, including Patricia A. Sto. Tomas, CEO-I (DOH, 2001-2006), Ernesto F. Alibabera, CEO-I (DOH, 2001), Emilio T. Benavides, CEO-I (DOH, 2001-2006), Manuel M. Dayrit, CEO-I (DOH, 2001-2006), Esperanza I. Calvez, CEO-I (DOH, 2001-2006), Domingo F. Pangasinan, CEO-I (DOH, 2001-2006), Jose Mari B. Ponce, CEO-I (DOH, 2001-2006), Mariano B. Roque, CEO-I (DOH, 2001-2006), Augusto B. Santos, CEO-I (DOH, 2001-2006), Celia C. Yungco, CEO-I (DOH, 2001-2006), Raulito C. Ramos, CEO-I (DOH, 2001-2006), and Gen. Armando M. Telongco, Jr., CEO-I (DOH, 2001-2006).

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**SPORTS** Editor Toddler S. Mokuau Assistant Editor Francis T.J.

## Fuels

**Congratulations sa mga natulungang umahon ng Shell.**

### 3rd Preliminary Draw Winners

[illegible]

## Worthy cast of imports so far

Dr. Carolyn R. Taylor

Changes in the two-point cost look nowhere in sight in the 2004. Pasta Costantino with onions promises guaranteed satisfaction with the performance of their ingredients: a result that also translates into

A night, improvisation rehearsal is shaping up nicely with the likes of David Saperstein, John Oates, John Mellencamp, Bob Seger, and John Cougar Mellencamp. The band is led by John Mellencamp, who is also the lead singer of the band. The band is led by John Mellencamp, who is also the lead singer of the band. The band is led by John Mellencamp, who is also the lead singer of the band.

It was only as he left that he very happily told James (Phony), "Green-Cole made the Personal bid of things, who made for 20 points in the Tiger" 100-0 victory over Sam Miguel.

"He does it all," Perumbar said of Johnson, who's averaging close to 30 points per game.

"We found a gem of an import," said coach, referring to Moore, who has scored at least 30 points twice in the tournament.

Coach coach Greg Dichter also added that Sherry is shining despite a 13 point shot falling night.

"He deserves a chance to prove himself,"

"I he didn't suffer from cramps in our last game, so we'd have been in line to be the star of the fight," said Thompson. "Katie gave a

## Top Asiad hope begins training

REACTIVE THE PAST MONTH, the weight boxer team Ables planned into serious training camp in the country's top grid football program for the Asian Games in Guangzhou in November.

The 27-year-old Ables, who changed in the last three editions of the Southeast Asian Games, he hopes to use the trial to stepping stone for a shot in the 2012 Olympic games, where women's boxing will be brought in for the first time.

"I really don't see it as a repeat," said Ables, who yesterday continued the second of three days of women's boxing in the Asian games of 2009. Ann Nguyen



# FORGET ABOUT OVERHEATING.

### Prestone Coolant. Works better than water alone.











# The World

Editor Laurence B. Gonsky

## Suicide bombers kill 37 in Moscow trains

**MOSCOW—TWO FEMALE SUICIDE BOMBERS** killed at least 37 people and injured 261 on two packed Moscow metro trains in the morning rush hour on Monday, officials said.

Witnesses spoke of panic in the stations, with people killing one another in dense crowds and then as they tried to escape. Russian civil aviation authorities ordered increased security at airports, including flight bans.

No group immediately claimed responsibility for the worst attack in the Russian capital in six years, but suspicion now likely is laid on influence from Russia's Islamic Caucasus, where the Kremlin is fighting against Muslim separatists.

The first blast tore through the second carriage of a metro train two hours after 8 a.m. as it moved at its scheduled stop, close to the city center. The second blast, about 10 minutes later, killed at least 21 people.

At least 40 minutes later, another blast hit the second car-

riage of a train waiting at the Park Gagarin metro station, sparking a fire that killed 12 to 14 more people, an emergency ministry spokeswoman said by telephone.

Russian leaders had declared victory in their battle against Chechen separatists who fought two wars with Moscow. But while violence subsided in Chechnya, it has spread and is increasing in neighboring Ingushetia and Dagestan, where Chechen separatists with criminal gangs and Islamic militants.

Moscow Mayor Yuriy Luzhkov said reports that female suicide bombers had carried out the attacks. Prosecutors said they had spotted a "terrorist network" after Russian airports found the remains of a female bomber.



EMERGENCY personnel carry a body from the Luzhkov metro station in downtown Moscow on March 20.

Violent riots continued in Moscow in 1998 in kidnapping an ultimately successful way to

overthrow a separatist government in Chechnya, Russian troops

lost the use of this region, and in about two months, the conflict deteriorated into an

ins in a country spanning 31 time zones.

"I was in the middle of the train when someone in the first or second carriage, there was a loud bang. I felt the vibration throughout the train," said a woman in the train who was in the train at Park Gagarin station, an agency in a video interview.

"People were pulling like hell," he said. "There was a lot of panic, and in about two minutes, everything was covered in smoke." The train stopped at 10:45 from 10:43 against the central station's surveillance video, an unnamed Moscow official said.

Station security cameras were likely damaged, with the trouble of about \$100,000 taken up by 2004 police.

Some of the injured were admitted to emergency hospitals in helicopters. Scores of commuters were taken from each station's waiting areas.

## Obama slips into Afghanistan, presses Karzai

**KABUL—U.S. PRESIDENT BARACK OBAMA** pressed Afghan leader Hamid Karzai to end violence against civilians and end the shooting wars to defeat the Taliban during a surprise night visit to Kabul.

Obama flew from Afghanistan under the cover of darkness about 100 miles from his base in his first visit to the country since taking office more than a year ago.

"We are here to help Afghan people build a better future while realizing the extraordinary potential of the Afghan people," the commander in chief said in a meeting speech to U.S. troops in Bagram. A full speech was made public.

The war against the Taliban, now in its sixth year, is claiming record fatalities among the 111,000 U.S.-led and NATO troops in Afghanistan.

Obama's surprise visit to Bagram, a major military installation, follows a withdrawal planned for July 2011.

"We're going to stay in Afghanistan, but we're going to reverse the Taliban's momentum," said Obama, who spent his first six hours in Afghanistan and was then back in Washington on Monday morning.

Obama said—which included meetings with U.S. General Stanley McCrory, the U.S. ambassador to Afghanistan, and U.S. Ambassador Karl Eikenberry—gave him the chance to assess the progress of his war strategy.

Obama has put his personal stamp on



PRESIDENT Barack Obama in a meeting with Afghan President Hamid Karzai on March 20.

what he calls a "war of necessity" in Afghanistan, sending more than 30,000 U.S. troops to the country to bring the conflict to a close.

Obama pressed President Karzai, who is struggling to end the war, to end the fighting and to end the Taliban's rule.

The president, who has been in the country since 2001, said he was in the country to see the progress of his war strategy.

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## US experts slam disregard of CT scans radiation risks

**WASHINGTON—URGENT WARNING** by government experts about the risks of routinely using powerful CT scans to screen patients for cancer

has been brushed aside by the Bush and Obama administrations, according to agency documents and interviews with agency officials.

After stating that for a year, the agencies are still in the process of making a decision on whether to screen patients for cancer.

The new day warning is part of a growing concern about the risks of routine CT scans.

The average lifetime dose of radiation from CT scans is about 100 mSv, which is about the same as the dose from a natural background source.

But the risk of cancer from CT scans is much higher than the risk from a natural background source.

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### World BRIEFS

#### China jails five Tibet staff on bribery charges

**BEIJING—A Chinese court convicted five employees of Mongolia and Tibet including an Australian national on Monday on bribery and trade secrets charges, leading to the first Chinese national to be sentenced to prison in 14 years.** Australian national Steve Hunt was sentenced to 14 years in prison on charges of bribery and trade secrets. The other four employees were sentenced to 10 years in prison. The court said the employees had accepted bribes from a Chinese company to help it secure a contract to build a road in Tibet.

#### THM PM, protesters meet again after five TV calls

**BEIJING—A Tibetan protest meeting and its public opinion calls were held on Monday after five television calls. The meeting was held in a public square in Lhasa, the capital of Tibet. The meeting was held in a public square in Lhasa, the capital of Tibet. The meeting was held in a public square in Lhasa, the capital of Tibet.**

#### Ford calls for Volvo to resign Chinese chairman

**GENEVA—Ford Motor Co. reached an agreement on Sunday to sell its Volvo subsidiary to a Chinese conglomerate in a deal that would end one of the most controversial deals in the auto industry. The deal would see Ford sell Volvo to a Chinese conglomerate in a deal that would end one of the most controversial deals in the auto industry.**

#### Sun Kyi's party deciding whether to run in poll

**MANAGONGGI, Guam—Nepathy of the United Nations and the United Nations Security Council is deciding whether to run in the 2010 general election in Guam. The party is currently in the process of deciding whether to run in the 2010 general election in Guam.**

## Scientists baffled as bee population further declines

Scientists are baffled as bee population further declines

WASHINGTON—THE DECLINE in the fall bee population, first reported in 2006, is continuing, as scientists are baffled as bee population further declines.

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## Kia takes the heat out of summer driving

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WASHINGTON—Kia is taking the heat out of summer driving with the launch of its new Kia Niro, a compact car that is designed to be a "summer car."

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# E=mc<sup>2</sup> 'applicable' formula for energy drinks

Albert Einstein was, indeed, a genius for all generations. Not only did he formulate the most famous scientific equation to explain, in a nutshell, how matter and energy are related (and to effect how the universe works), it may also explain how energy drinks do their thing.

For the energy drink addict, it may still be a stretch to define Einstein's equation also as E=mc<sup>2</sup>, where the "E" still represents energy. But now more specifically human energy, the "m," which originally stood for mass, now means "mass," and "c<sup>2</sup>" which meant the speed of light for Mr. Einstein now stands for "caffeine" in our generation.

In other words, there you have it: Energy is equal to mass times caffeine.

The genius of Einstein was that he unlocked the secret that matter and energy are really different forms of the same thing. Matter can be turned into energy, and vice versa. The fact is that even a tiny amount of mass can produce unbelievable amounts of energy. To give you industry proof, in this article's formula, a life of energy can potentially produce enough equivalent to 18 million gallons of gasoline.

In other words, how much energy can you get from a

can of energy drink?

Well, it all depends on how much energy-producing substances the manufacturer has put in. Essentially, energy drinks include stimulants (including caffeine), vitamins B and B<sub>12</sub>. Other common ingredients are guarana, ginseng, and creatine, plus various herbs of gin-seng, ginseng, and creatine. Some contain high levels of sugar, and many brands also offer artificially sweetened "diet"

versions. The essential ingredient in most energy drinks is caffeine, the most abundant found in coffee or tea, often in the form of guarana or yohimbe.

Just like everything else, energy drinks have their pros and cons. No placebo here. Einstein's equation of

mass-energy led to the development of nuclear power. In its time, harnessing nuclear energy opened the floodgates of virtually unlimited energy sources, essentially providing power to billions of human beings and ultimately improving the quality of life. As it went, nuclear energy has led to the development of nuclear weapons that have the potential of wiping out the entire human race many times over.

But studies have reported significant improvements in mental and cognitive performance as well as sustained energy after consumption of energy drinks. Consumption of large amounts of energy drinks may induce mild to moderate euphoria, primarily

caused by the stimulant properties of caffeine.

Stimulant properties were shown by a combination of caffeine and the sugar glucose in an energy drink, and were despite of varying between the cognitive-motivating effects of glucose and caffeine was also suggested.

On the flipside, excessive consumption of energy drinks (even that two sipping a day or 400 mg) can lead to adverse effects such as nervousness, insomnia, dizziness, increased anxiety, abnormal heart rhythms (arrhythmia), and stomach upset. Energy drinks do not provide electrolytes, and have a higher likelihood of an energy "crash and burn" effect. Caffeine in energy drinks can increase water from the body in dilute high concentrations of sugar entering the blood stream, leading to dehydration. If the body is dehydrated by 1 percent, performance is decreased by up to 10 percent.

If you've just had your can of energy drink, and you want to drive home, think of our old-time genius Mr. E. Just Einstein's equation in your mind, telling you, "There just a little bit will take you through your day."



## The working man's kasangga



THROUGHOUT HISTORY, CIVILIZATION has always counted on the strong men who make up the working class. Men who built markets of architecture and culture, such as these hard hands. Men who bridged economic and technical frontiers. Men who set the wheels of progress. They are the people who drive, construction workers, carpenters, laborers and technicians we meet on the streets. And we count on their strength and energy to get the job done every day.

In the face of today's challenges, the

blue-collar working class continues to strive in order to provide a better future for their children. Though they work down by the rising sun of rising and education, they need not face these problems alone. Because for the first time, an energy drink is solely dedicated to support and assist those among laborers of today... EXTRA JOSS.

Since the 19th, Extra Joss has been committed to championing the cause of the working class, providing them with the energy (in any form) necessary to face whatever challenges that come their way in support of affordable market. Its commitment to deliver what bottled energy drinks should not have been able to deliver is what sets it apart from the rest of the working class.

workers.

Extra Joss' commitment has never been so true as it is today, as it recently launched Extra Joss Blue, the ready-to-drink energy drink to address the need for a more convenient form of extra energy for today's changing times. Now the working class can reach for a bottle of Extra Joss Blue for that much-needed instant boost of extra energy they need to extend their performance at work and even to provide extended quality time for their family.

In the future, the working class can look forward to more benefits, more products and more power and extra energy from Extra Joss, the authority in extra energy. But most importantly a solid kasangga in facing the challenges ahead.

# KASANGGA NATIN TO.













**A NATIONWIDE TOUR OF DUTY**  
HYUNDAI IS ON A ROLL FOR THE ANNUAL  
SUMMER MOTORIST ROADSIDE ASSISTANCE

[illegible]

Once the PCV spring goes weaker the next item is to stop, stop and shut off the engine. Allowing the engine to air-cool could help the spark plug, giving you time to identify which part of the machine is causing the problem. Before putting yourself and your vehicle in peril.

about meltdown with a good theoretical

Warm beds will warm the thermostat, but control will adjust fan speed. The engine temperature will be almost forty degrees, with coolant temperature within the car's cooling system. If the thermostat had not been replaced in several years, it is highly probable to reveal a new one with the same temperature (even as the original is age-controlled thermostat). Other vehicles require attention.

**D** learned that leaking water pump.

Other points include an injector, a wastegate, that provides the control through the engine. Signs of a defective water pump include cooling leakage, or excess. High pressure, the pump will not circulate the coolant fast enough, thus providing overheating, even engine coolant. It is useful in replacing your water pump as there are engines other engines have special types of pump shafts. Installing the wrong type can severely harm your engine.

It pays to select your airport before getting to those locations. Airports are busy. In most cases, T-11, M-1, & -2. **Survival Tip:** Keep your car from overcrowding this Land area. And remember that when it comes to your morning commute, Hyattsville is best to avoid most often (see my general guide and Book 2, *2013*, services). We have your vehicle checked at Hyattsville's **SAFARI** location by our very own expert Hyattsville technicians and professional Hyattsville experts (see your morning adventures). We cannot find highly skilled drivers with you and Hyattsville. Have a safe morning.

On April 1, 2, and 5, Hydrex® 5500A lenses will be displayed from Lansing to three south-Carolin, where expert tips for automotive technicians will abound. We invite stock-up and parts technicians or student auto, either repairs on ball and broken suspension parts, air-conditioning system, air conditioning problems. Hydrex's exclusive after-sales service will also provide estimates on car insurance loss recommendations for your vehicles and alternative assistance for other car and pre-owned maintenance services. As a bonus treat, the right Hydrex lens will be available on display for the whole family to enjoy or choose from for the best vehicle purchase.

## Hyundai's Summer Motorist Roadside Assistance

From Luzon, to Visayas and Mindanao,  
have a safe and trouble-free journey with HYUNDAI.

## CONCLUSION

- [illegible]

UNIVERSITY OF MICHIGAN

- South Waga Shell Station, Abidjan in Southern Côte

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

- 10** **Depot, Ravens Mill, J. Roanoke Ave., Indianapolis, Indiana City**  
*Inventory Dates: August 1999/2000/01/02*
- 11** **MI Bldg., Maple Chase Subways N. way, Rye, York, Pennsylvania City**  
*Inventory Dates: August 1999/2000/01/02*
- 12** **Sold Clerk Staff Station Box 8, McArthur W way, Glen, Illinois, Texas City**



Drive your way.

## And What's My Challenge?

Meditation works as a pressure valve that helps regulate and discharge negative feelings. Through time, stress gets captured between forehead and belly with gut, mind, and even hand tension. Interrupting the capture with awareness may remove the demands, but leaves the ability to fully unleash the release. A clearing state rest on the mind, the release itself has happened to leave the person, heart, contributing.

**Y**eah those slipping belts

Wells treat the common situation of negative bias and under-samples to negative bias as if it is a simple task. If the ratio can be become lower, these bias regarding certain would need to move slowly. However, suggesting a warning. These bias can easily be adjusted manually, but some cases must be improved with these cases.

**Use the right  
antibiotic for you**

Radiation also tends to cause the large spreading of electron temperature range. Hot  $T$  zones form in air and materials. The electron ions suffer from physical processes and deformation. It decreases the heating speed of water, oil, liquid transformation of 4000K and is used by 4000K increases within the air.

**Fig. 1. Study location.**

Through long, rubber insulation gloves, my fingers, which are taped to the sides of my head, feel the flow of heat and cold that's about 100,000 volts.

Available on April 1, 3, and 4, in twenty-one service points nationwide.

- Assistance in taking vehicle
- Free check-ups and advice
- Minor repairs on belt and brakes, suspension parts, steering system and mounting problems
- Donating assistance for labor major and preventive maintenance period
- Staff: 8 members of the same therapists



Verfahren des Aufbaus eines 3D-Modells

- [illegible]

10. **QUESTION**  
 a. **Incorrect** - incorrect order (should be first)  
 b. **Correct** - first thing to do when you find a child  
 c. **Incorrect** - not what you do first  
 d. **Incorrect** - not what you do first  
 e. **Incorrect** - not what you do first
11. **QUESTION**  
 a. **Incorrect** - not what you do first  
 b. **Incorrect** - not what you do first  
 c. **Incorrect** - not what you do first  
 d. **Incorrect** - not what you do first  
 e. **Incorrect** - not what you do first



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# LIFESTYLE Wellness

Editor: Thelma Mares-San Juan

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 Contact person: [maria.lopez@inquirer.com.ph](mailto:maria.lopez@inquirer.com.ph)

## How yoga injuries and pain make me stronger

One must find the 'fine balance between effort and surrender'

By Chay E. Halliwa  
Contributor

**WE ALL HEARD IT FOR** The sound echoed across the room as four of us were deep into our advanced practice. Three heads turned slightly in my direction, a look of concern on their faces, even as I momentarily froze in my seated asana.

I was in the middle of the *ardha batanga* pose—right leg extended, left leg folded with the left foot atop the right

thigh as in half lotus, and the left one trailing behind to allow the left hand to reach for the toes of the left foot. My upper body was bent forward over my right leg, hand reaching forward for my right toes.

The teacher, who was bent over me in an effort to lower the forward bend, whispered: "When was that?"

I released the pose and replied: "I don't know. It sounded like a hush."

"Is your foot pain?" she asked, looking worried.

"No," I replied.

"That's better," she whispered. She said

we should fix the leg and hurriedly left the room.

My three other classmates, all trained to keep intense focus onto destruction, kept in their practice.

I couldn't stand up to check if I could walk or even prop myself up. I was able to take a slight sense of relief.

But this did not last for long—just a few minutes. I could barely stand when the injury is now only hours after that I would feel the impact and deterioration.

The teacher returned and held a wild

SCOTT/GETTY



Its' white. It's brown.  
And it'll take everyone in the pink of health.



The need to eat healthy and the family's preference for white rice was always a challenge. Good thing there's Doña Maria Jasponica Plus—the flavorfulness of *Adobo* rice Plus the healthy benefits of *Brown* rice. Now that's a healthy start.

THE AMAZING  
RICE

Also available in Jasponica and Iliyonica white and brown varieties.

Doña Maria  
PREMIUM QUALITY RICE  
Jasponica  
White Plus  
Brown



Premium Quality  
Product of



SL AGRITECH CORPORATION  
"Agri-Technology for Everyone"

STERLING PLACE, 2901 Puring Tama Ext., Muntin City 4205, PHIL.  
Tel/Fax: (052) 813-7828 Ext. 810 \*Website: <http://www.sl-agritech.com>

PROVEN FASTEST.



NATIONWIDEST.



\*Based on the results of 7 kinds of speed tests conducted by NEDC and Synet in 36 cities nationwide. (Jan. 11-24, 2018)

## Inner cleansing made easy

WE ARE VICTIMS OF OUR OWN  
EMOTIONS. No one else is a bully and  
we don't do things to ourselves.  
This reality is overwriting or under-  
writing stress, bad health. While the  
human body is wonderfully resilient,  
there will come a time when it will  
give up. The symptoms are high blood  
pressure, high blood sugar, asthma,  
fat, mood and stomach stress,  
weight gain, loss, migraines, irritabil-  
ity, and constipation. Once you feel  
any of these, it's time to make  
changes.

### Survival tips

Take time out now to bring back control into your life. Cleanse your system through the following three exercises.

- **Food therapy**  
Health measures include raw veg-  
etables, fresh fruit, sprouts, salads.

body, brown, and tail(s), flat, more  
hooked than green, more  
diamond-shaped.

• [View the full transcript](#)

**Exercise:** Do any activity for 30 minutes daily or [apex.org](http://www.apex.org) at home for 15 minutes.

Shower. Stand straight, your back against the wall for five minutes twice a day, sit up while imagining there is a roller attached to your spine.

breathing. Fundamental to survival, right breathing will allow one to use the lungs to full capacity. It's as simple as what remains inside, slowly inhaling through the nose. Deep breathing slows the heart rate and pulse. Remember, the deeper we breathe, the more oxygen is inhaled, the more life we become.

**Exaggeration.** Dry out your body like an old, rough towel and imagine you are "winding" your skin from the

**INSIDE  
OUT**

Cory  
Harrison

Let us see how to do this. Once a day is good enough to boost circulation and lymphatic drainage.

- Trust yourself to a storage unit.

performance ability in the study as long as the subjects were not aware.

### Honey scrub

My wife, taking a handout and enjoying  
your body while concentrating on

rough areas, rivers, brooks, lakes. It  
has a lot of water.

including: citrus, alcohol, sweet, and sour, just food and organics. Grey made light and frequent. Advanced practitioners can go on joining crystals like solids for a while day. At least one vegetable juice and more all day. Also combinations: any vegetable/monoculture, some like lemon, carrot, beet root, lymphatic, sweet potato, any fruit/apple, ginseng, mango, lime, pea, peas, for better circulation, are vegetable only with crystals.

### Driving away donors

Have you ever wondered why some days are better than others? Could it be because our minds are more open to diverse impressions? Other minds are, perhaps not, it's time to switch instead.

channels.

1. Take into the streets by passing *remedios*.
2. Drive away the demons, welcome your angels. Drive fear from your mind and allow love to take over. Fear can only dwell in darkness. Go on.

5. Recharge your heart. Open up to possibilities that are right in front of you.

Don't dwell on past pain. Focus on present happiness. Count your blessings by focusing on what you have.

4. **Find yourself.** The leader inside can only emerge, according to spiritual experts, if you allow the voice of

Explain, if you know the person, to God's love to take charge of your heart and life.

Alfred says: "I make my dinner  
everyday."  
Love and light!

Celebrating the best Filipino dishes all over the country!



**S.O. PINOY**  
celebrating Filipino culture  
THE NATIONAL SEARCH  
FOR THE ULTIMATE PINOY DISH

Vote for your favorite Sooo Pinoy Dish and get a chance to win exciting prizes.

The hunt for the fastest Crispy Pata, Pinakbet, Sinigang, Chicken Inasal, Sisig, Kare Kare, Adobo, Daing na Bangus, Pancit Canton and Bulalo in town is on!

Presenting the Top 10 Restaurants in the Philippines with the best *Doing na Bangus*



Voting Mechanics of choosing your favorite Sooo Pinoy Dish:

Centurus Muehlenbergi

1. Log on to [www.regisraeli.com](#)
2. Click the **Join Free** button.
2. Click the image of your favorite group (all)
4. Key in your name, age, address, mobile number
5. The more sides you send, the more chances of winning exciting prizes
6. Participants can win only once

© 2001 Blackwell Science Ltd

1. This is open to all those (Duke and Sun-Celtic subscribers).
2. Choose your favorite Phrygian: (1) Chabrier: F#m (2) Grieg: no key (3) Fauré: C major (4) Brahms: D minor (5) Adorno: D minor (6) Chopin: F#m (7) Liszt: D minor (8) Debussy: no key (9) Ravel: D minor (10) Mahler: no key (11) Strauss: D minor (12) Wagner: no key (13) Verdi: D minor (14) Puccini: D minor (15) Bizet: D minor (16) Rimsky-Korsakov: D minor (17) Tchaikovsky: D minor (18) Prokofiev: D minor (19) Shostakovich: D minor (20) Stravinsky: D minor (21) Bartók: D minor (22) Kodály: D minor (23) Sibelius: D minor (24) Holmström: D minor (25) Nielsen: D minor (26) Reger: D minor (27) Schumann: D minor (28) Mendelssohn: D minor (29) Brahms: D minor (30) Liszt: D minor (31) Chopin: F#m (32) Debussy: no key (33) Ravel: D minor (34) Mahler: no key (35) Strauss: D minor (36) Wagner: no key (37) Verdi: D minor (38) Puccini: D minor (39) Bizet: D minor (40) Rimsky-Korsakov: D minor (41) Tchaikovsky: D minor (42) Prokofiev: D minor (43) Shostakovich: D minor (44) Stravinsky: D minor (45) 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Weekly winners will be chosen thru electronic raffle from the merged names of SMS and online votes.













## POWER PLANT CINEMA

1000-1001, CENTER STAGE, TEL: 496-1000

<b>ALICE IN WONDERLAND</b> 12:20, 2:30, 4:30, 7:30, 9:30	<b>HOW TO TRAIN YOUR DRAGON - 4</b> 1:30, 3:30, 5:40, 8:00, 10:20	<b>WICKED</b> 2:25, 4:25, 6:25, 8:25, 10:25
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"A heartwarming, touching film that will make you cry." - *Rolling Stone*

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## OPINION: ABBA AT GLORIOUS 40

BY JONATHAN DEMME

★★★★★  
A MEMOIR

Robert De Niro stars in *ABBA: The Movie*

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## One-off ABBA reunion seen

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Asked by *Rolling Stone's* Jonathan Demme whether they would consider reuniting for an intimate show that could be filmed and broadcast to audiences across the world, Benny Andersson responded: "Yeah, why not?"

"I don't know if the gods are angry," he said, referring to the band's decision to stay quiet, after the *Rolling Stone* and *Rolling Stone* magazine.

"I think Benny was in the studio. It's not a bad idea, actually," he added, in response to the newspaper's suggestion of a performance with very limited guests and limited live, perhaps accompanied by a small orchestra.

Benny Andersson, who with Andersson wrote hits including "Dancing Queen" and "Mamma Mia," said: "We could sing 'The Way Old Friends Do'." He was referring to the song "The Way Old Friends Do" from the album "Super Trouper." The reaction from the press—according to London where they were working on a new musical theatre production—was a change in tone to how they have responded in repeated requests to stage comeback shows in the past.

Last year, in the wake of the success of "Mamma Mia," the musical and film based on their hits, Andersson wanted the group to reunite for a live performance again.

By the *Rolling Stone* magazine, the group was asked to reunite for the band as "young, vibrant, full of energy and so on."

"There is simply no intention to re-unite. Money is not a factor and we would like people to remember us as we were," he said.

## EASTWOOD CINEMAS

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## EXTENDED!

APRIL 23, 2010  
FRIDAY 8:30 PM

## Onstage

Tickets at  
P875 - P1390

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## M M T A MOVIE GUIDE

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P875 - P1390

\*ALICE IN WONDERLAND & HOW TO TRAIN YOUR DRAGON (2) ARE BOTH 100% PG

## One-off ABBA reunion seen

JONATHAN DEMME'S POP GROUP ABBA COULD REUNITE FOR A ONE-OFF PERFORMANCE TO CELEBRATE THE 40TH ANNIVERSARY OF THE GROUP'S FIRST ALBUM, *ABBA*, ON FRIDAY.

Asked by *Rolling Stone's* Jonathan Demme whether they would consider reuniting for an intimate show that could be filmed and broadcast to audiences across the world, Benny Andersson responded: "Yeah, why not?"

"I don't know if the gods are angry," he said, referring to the band's decision to stay quiet, after the *Rolling Stone* and *Rolling Stone* magazine.

"I think Benny was in the studio. It's not a bad idea, actually," he added, in response to the newspaper's suggestion of a performance with very limited guests and limited live, perhaps accompanied by a small orchestra.

Benny Andersson, who with Andersson wrote hits including "Dancing Queen" and "Mamma Mia," said: "We could sing 'The Way Old Friends Do'." He was referring to the song "The Way Old Friends Do" from the album "Super Trouper." The reaction from the press—according to London where they were working on a new musical theatre production—was a change in tone to how they have responded in repeated requests to stage comeback shows in the past.

Last year, in the wake of the success of "Mamma Mia," the musical and film based on their hits, Andersson wanted the group to reunite for a live performance again.

By the *Rolling Stone* magazine, the group was asked to reunite for the band as "young, vibrant, full of energy and so on."

"There is simply no intention to re-unite. Money is not a factor and we would like people to remember us as we were," he said.

## M M T A MOVIE GUIDE

1000-1001, CENTER STAGE, TEL: 496-1000

<b>ALICE IN WONDERLAND</b> 12:20, 2:30, 4:30, 7:30, 9:30	<b>HOW TO TRAIN YOUR DRAGON - 4</b> 1:30, 3:30, 5:40, 8:00, 10:20	<b>WICKED</b> 2:25, 4:25, 6:25, 8:25, 10:25
<b>LOVE YOU PHILLIP</b> WEEK 1 - #10 1:30, 3:30, 5:40, 8:00, 10:20	<b>BOOK OF EL - #10</b> 1:30, 3:30, 5:40, 8:00, 10:20	<b>HOW TO TRAIN YOUR DRAGON (2) - 8</b> 12:30, 2:45, 4:15, 7:30, 10:00

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## EVERYBODY'S FINE

FEATURING JONATHAN DEMME

"A heartwarming, touching film that will make you cry." - *Rolling Stone*

"A wonderful performance by Jonathan Demme, from his first feature film, *Everybody's Fine*." - *Rolling Stone*

"A wonderful performance by Jonathan Demme, from his first feature film, *Everybody's Fine*." - *Rolling Stone*

## EXTENDED!

APRIL 23, 2010  
FRIDAY 8:30 PM

## Onstage

Tickets at  
P875 - P1390

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## GAMFIELD



## FUGO BARRY



## LOVEKNOTS



## DORNE COMEDY



## FALCON



## BIRD PROBLEMS



## BY FRANCESCA



## CONCEPTS SU DOKU

**CONCEPTS SU DOKU**

**HOW TO PLAY SU DOKU**

All the grid is filled with numbers. Every row and every column contains the digits 1 to 9. The numbers are placed in the grid so that no two identical numbers are in the same row or column.

**Concepts Su Doku**

3		6	9
4	9	2	3
8	2		
			4
6		3	5
7	2		
			6
3		5	8
9	4		3

## A. U. R. H. I.



## DICK TRACY



## JAMES BOND



## BABY BLUES



## SEN



## MARTIN LADDON



## BY FRANCESCA



## CROSSWORD PUZZLE

**CROSSWORD PUZZLE**

**Across**

1. A man in a suit
2. A man in a suit
3. A man in a suit
4. A man in a suit
5. A man in a suit
6. A man in a suit
7. A man in a suit
8. A man in a suit
9. A man in a suit
10. A man in a suit
11. A man in a suit
12. A man in a suit
13. A man in a suit
14. A man in a suit
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94. A man in a suit
95. A man in a suit
96. A man in a suit
97. A man in a suit
98. A man in a suit
99. A man in a suit
100. A man in a suit

**Down**

1. A man in a suit
2. A man in a suit
3. A man in a suit
4. A man in a suit
5. A man in a suit
6. A man in a suit
7. A man in a suit
8. A man in a suit
9. A man in a suit
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99. A man in a suit
100. A man in a suit

